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COUNTRY MUSIC TAKES CENTRE STAGE

DEAN BRODY, HEY ROMEO, WIN BIG AT THE CCMAS WHILE JOHNNY REID WINS FANS' HEARTS PAGE 22

CALGARY metro®

Monday, September 10, 2012

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ROXETTE ROCK

Lead singer of Roxette, Marie Fredriksson, is dressed for success at the Saddledome Sunday night during the Calgary stop of their 2012 tour. CANDICE WARD/FOR METRO

Deadly crash a 'cruel irony'

Hwy. 63. Event meant to promote road safety turns solemn after deadly highway incident

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Just hours before hundreds of northern Alberta residents gathered to have some fun and discuss road safety, two people lost their lives on one of the province's most notorious highways and a young boy was left clinging to life.

Shortly before 9 a.m. RCMP and STARS air ambulance responded to reports of a two-vehicle collision on Highway 63, just north of Wandering River. A 52-year-old female driver and a 28-year-old male passenger in the opposing vehicle were both pronounced dead on scene.

STARS spokesperson Cam Heke said an eight-year-old was flown from the scene in life-threatening condition to an Edmonton hospital.

The tragedy cast a pall over the Summer Safety Jam later in the day. The event intends to raise awareness about safety on Fort McMurray-area roadways, including Highway 63, but generally maintains a lighthearted atmosphere, said area resident Theresa Wells, who runs a blog called McMurray Musings.

This time around, things were much different.

"It's cruel irony," Wells said. "The mood was definitely quieter."

Earlier this year, the Tory government announced it was planning to fast-track the twinning and appointed a special adviser to keep Transportation Minister Ric McIver apprised of the situation.

But the Alberta NDP were quick to criticize the government in the hours following Sunday's crash.

"It's hard not to get cynical when you see press releases and not enough action," said party transportation critic Deron Bilous in a statement.

McIver, however, said much progress has been made on the highway and accused the opposition party of playing "political football," with a tragic situation.

Lives lost

- The identities of those killed in Sunday's crash on Highway 63 have not been released.

Keeping her memory alive

Friends and family gather to remember 27-year-old Amy Sands, who was shot and killed Aug. 31 in southeast Calgary PAGE 3

ID thieves on the prowl

Criminals are using social insurance numbers and doctored birth certificates to obtain passports, driver's licences PAGE 8

Diplomatic dispute

Prime Minister Stephen Harper says nothing Iran does in the wake of Canada cutting diplomatic ties will surprise him PAGE 15

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Altercation

Weapon discharged in N.E. dispute

Police believe an altercation that started in a northeast Calgary pub led to a weapon being discharged in a nearby parking lot early Sunday.

Officers were called to the 2800 block of 32nd Street N.E. around 3 a.m., but those involved in the skirmish had already fled the scene.

According to a witness report, as many as 20 people were involved in some sort of dispute when at least one gunshot rang out.

It is not known if anyone was hurt in the incident, but investigators did find one shell casing at the scene.

Police are looking for a suspect they believe fled the area in a silver SUV. METRO

Victim in hospital

21 year old charged in N.W. hit-and-run

Calgary police worked quickly to arrest a suspect Sunday after an apparent hit-and-run in the early-morning hours.

Late Sunday, Calgary police charged Clancy Lewis McKenna, 21.

According to Insp. Mike Tillotson, a woman was struck by a passing vehicle just before 4 a.m. in the 4600 block of 73rd Street N.W.

The victim was rushed to hospital in life-threatening condition but was later upgraded to serious but stable.

She suffered a punctured lung, broken pelvis and numerous leg injuries, Tillotson said.

Sunday afternoon, police discovered the vehicle they believe hit the woman and took McKenna into custody.

The vehicle was also seized for forensic examination. Speed is believed to be a factor in the collision. METRO

Mourners, many of whom were dressed in pink to honour slain 27-year-old Amy Sands, comforted each other after her memorial at the Foothills Centennial Centre in Okotoks Sunday. DARREN KRAUSE/METRO

'Vibrant' woman remembered in Okotoks memorial

27-year-old's funeral. Amy Sands was shot to death 10 days ago in southeast Calgary

DARREN KRAUSE
darren.krause@metronews.ca

Larger than life.

Of the many metaphors used to describe Amy Sands Sunday, that one appeared to sum them all up.

Nearly 700 gathered at the Foothills Centennial Centre in Okotoks to remember the 27-year-old woman, shot to death while in the garage of a home in the southeast Calgary community of Dover on August 31.

Kevin McInnes, Calgary Police Service chaplain and friend of the Sands family, started by asking Amy's parents, Ed and Debbie Sands, to stand up, take a deep breath and look back at the mass of people surrounding them.

"These are the people who will walk with you during this pain," said McInnes.

Painting the picture of Sands's larger-than-life persona was her sister, Stephanie. The pair, though differing in age, were often referred to as twins.

In reality, the duo were like night and day, she said. Stephanie described herself as shy and withdrawn, while describing Amy as, "fun, vibrant, outgoing."

"To say she was a drama queen was an understatement. She was THE drama queen."

Stephanie took those in attendance on a journey; shining light on the dark moments of Amy's life, but balancing them with vivid descriptions of her sister's creativity, fearlessness and demand for the spotlight.

She described how Amy wore bright red lipstick to family pictures when she was young.

"I don't remember what anyone else was wearing, but I can't forget the red lipstick," Stephanie said.

Family friend Florence Maione also paid tribute to the young woman, recalling thinking she was in the presence of a rock star when they first met in 2005 at a potluck for an Okotoks theatre company, Dewdney Players, for which Sands performed regularly.

"She was a tiny girl, but she had an incredible presence," said Maione.

"I was in awe of her."

Maione compared Amy Sands' life to the brilliance of a shooting star.

"Brief, yet so remarkable."

Alleged shooter

Jesse George Hill, 26, was charged with second-degree murder in the case and will appear in court again on Sept. 19.

- Though the accused is believed to have returned to a party that he was removed from, according to police, Amy Sands was likely killed inadvertently when the suspect allegedly shot into a garage door.
- Amy Sands is the daughter of Okotoks town councillor Ed Sands.

1 NEWS

Web story

God save the zombie Queen. Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery of royals.

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There has been no link established between this rat found in Calgary last month and a colony that crews believe they have gained the upper hand on in Medicine Hat. METRO FILE

Medicine Hat appears to be in driver's seat in rat fight

Patrol. Southern Alberta city goes a week without finding a single member of a once highly active colony

JEREMY NOLAIS
jeremy.nolais@metronews.ca

They have either scurried out of sight or succumbed to poisoned bait, but regardless, Medicine Hat's rat battle appears to have hit a turning point.

Ed Jollymore, the southern Alberta city's solid-waste utility manager, says it has been a little over a week since his crews found a dead rat, likely meaning the original pack, discovered last month in the local landfill, has shrunken significantly.

"We are almost seeing a textbook response," Jollymore said. "The rats have fed very heavily on the baited water and bait and they're dying."

To date, efforts to suppress the city's infestation have led to a 148-strong vermin body count.

Beyond Medicine Hat

- Fears did arise that Medicine Hat's infestation would threaten Alberta's much-publicized rat-free status. Since the infestation was discovered, two rats have been found in areas outside the city and surrounding county, but it's not clear if they were originally members of the landfill colony.

The majority of those were found in the landfill area, but 19 were found in surrounding Cypress County and another 18 bodies were located within city limits.

Jollymore says those found outside of the landfill were travelling alone, meaning they were likely strays or scouts. Officials are optimistic that just the one colony at the landfill has been established, he adds.

"On one hand, we'd like to be jubilant and celebrate," he said. "On the other, it's just too early. Rats tend to be very persistent."

Jason Storch, an agricultural fieldman with Cypress County, says the big test will come in a few weeks when crews begin to disrupt the location of the suspected nest.

"We are seeing next to no rat activity.... We have just got to keep at this until it's all gone," he said.

Officials have said that under ideal breeding conditions, a pair of rats can produce 15,000 offspring in a single year.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Controversial development

Hearings on Shawnee Slopes may be pushed back to Oct. 1

City council is expected to defer hearings on a controversial residential development proposed for Shawnee Slopes that had been scheduled for today, due to a death in the family of the ward's alderman.

Ald. Diane Colley-Urquhart's husband, David Urquhart, 68, passed away suddenly last week.

Area residents who oppose the project prepared for months for today's meeting, where they planned to speak directly to council.

Most won't mind waiting a little longer, according to Shawnee Evergreen Community Association president Gloria Dingwall.

"A little extra time never hurt anyone. You want to get this right," she said.

Ray Clark, a consultant with developer Geo Energy Enterprises, also says the delay was understandable, given the circumstances.

"It's a sad situation and we obviously respect that," he said.

The mixed-density housing development would see nearly 1,500 homes built on a defunct golf course.

The Calgary Planning Commission is recommending council approve the project, but many residents remain concerned over issues such as traffic, recreational space and property values.

Clark said Oct. 1 has been proposed as a new date for the hearings.

ROBSON FLETCHER/METRO

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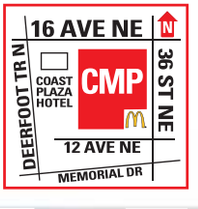

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Seniors turn up en masse to set 'Cane Fu' world record

They've got the numbers. Now they've got to wait for Guinness to review the tapes and make the new record official

ROBSON FLETCHER
robson.fletcher@metronews.ca

They know Cane Fu.

More than 250 Calgary seniors, along with some friends and family, tried to earn a spot in the Guinness World Records book on Sunday through a mass demonstration of the martial-arts-based exercise involving bamboo canes.

"It's a very contained movement," said participant Ardyce Krogstad prior to the record attempt. "What I enjoy most about it is that your breathing has to be very controlled and so do your muscles and actions."

Details

- Organizers expect to receive confirmation of the record attempt from Guinness within six weeks.
- Calgary-Fort MLA Wayne Cao acted as an independent witness of the record attempt.
- This is just the latest of Silvera's stereotype-busting activities. The group is also behind the "Silvera's Sassy Seniors" prank videos on YouTube.
- Silvera provides accommodation to more than 1,500 Calgary seniors.

Minutes later, Krogstad was practising what she preached along with hundreds of others, all seated in the foyer at the Silvera for Seniors Aspen Community in Bridgeland.

The participants couldn't leave their seats for the duration of the 30-minute attempt, or else they would be disqualified from the record of "most people engaging in a chair-based exercise," according to official Guinness rules.

"It's a brand-new record," said Silvana Saccomani, a marketing and communications manager with Silvera. "They said in order to set this, it's a minimum of 250 (participants) … and it all has to be recorded."

The idea behind the world-record attempt was to break the stereotype of seniors as sedentary and disengaged, says Silvera CEO Arlene Adamson.

"Seniors are more active, more engaged, more interested in participating in a different way in our community and to be included," she said.

"They have a lot of living left to do."

More than 250 people attempt to set a new Guinness World Record by simultaneously practising Cane Fu while seated at the Silvera for Seniors Aspen Community in Calgary on Sunday. ROBSON FLETCHER/METRO

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Criminals using our less-secure documents to get real passports

Leveraging upward. A stolen SIN number and a forged birth certificate give thieves the ability to obtain more important IDs

The RCMP says other official documents are being used to sign up for legitimate passports. THE CANADIAN PRESS FILE

Criminals are increasingly using stolen social-insurance numbers and doctored birth certificates to obtain legitimate driver's licences and passports, an internal RCMP report says.

And by leveraging pilfered or forged identity markers into higher-value IDs, criminals can sidestep tough anti-counterfeiting features built into government-issued identity documents, including a pending upgrade of passports with biometric chips.

"Identities are being overtaken, altered or created, facilitating a number of other crimes, including many variations of fraud, typically for financial gain or to conceal a true identity," says the March 2011 report from the RCMP's criminal intelligence division.

It points to a rising use of "breeder" documents — identity records such as social-insurance numbers, birth or citizenship certificates — that are stolen, tampered with, then used to sign up for credit cards or valid forms of identity.

The report suggests Ottawa's recent move to stop issuing SIN cards, instead sending the information in a letter, may not hinder identity thieves who skim someone's mail or pick through their garbage looking for the nine-digit number.

The report says the failure of governments to cross-check the authenticity of documents used in applications allows fraudsters to stitch together a "synthetic" identity, combining a stolen social insurance number or altered birth certificate with a made-up name and date of birth.

That means a social insurance number can be successfully paired with an entirely different name on a government application form, since the two are not routinely checked for a match, it says.

And online applications make it easier for criminals to avoid face-to-face interactions when committing identity fraud, the report notes.

Though obtaining credit cards is the No. 1 goal for fraudsters, they're also exploiting gaps in the way numerous official identity documents are issued to acquire a federal passport or driver's licence, according to the RCMP.

THE CANADIAN PRESS

Sobering numbers

ID theft now a growth industry

Some 17,000 Canadians lost more than $13-million to identity fraud last year, twice the dollar loss reported in 2007, according to figures collected by the Canadian Anti-Fraud Centre, a federal organization which tracks identity crime.

Having a credit check done at least once a year and keeping an eye out for missing bills are two ways people can protect themselves against the more than two-dozen types of identity crime, it recommended.

And once bills and government letters have been read? "Shred them."

THE CANADIAN PRESS

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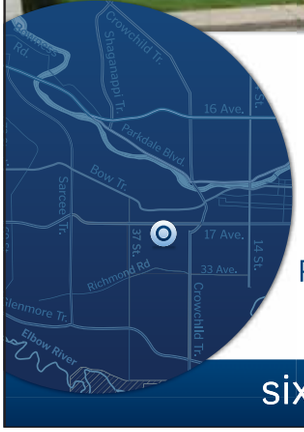

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Earthquake survivors in China wait for supplies

Mountainous area.
More tremors hinder rescue efforts; by noon Sunday, there had been 279 aftershocks

Survivors of a series of earthquakes that killed 81 people and injured more than 800 in a mountainous area of southwestern China were desperately waiting for more aid to arrive Sunday.

They were waiting as jolting aftershocks were keeping fears high and hindering rescue efforts.

The latest victim was a two-year-old child who was hit by a falling wall as an aftershock struck Saturday night, the state-run Xinhua News Agency reported.

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

They toppled thousands of homes and sent boulders cascading across roads, and authorities evacuated more than 200,000 villagers.

The aftershocks on Sunday were raising fears of more injuries and fatalities. THE ASSOCIATED PRESS

Quake zone

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

- The first magnitude-5.6 quake struck just before 11:30 a.m. Friday and was followed by an equally strong quake shortly after noon. Though of moderate strength, the quakes were shallow, which often cause more damage than deeper ones.
- In 2008, a 7.9-magnitude quake in Sichuan province, just north of Yunnan, left 90,000 dead.

Zhu Yinquan, left, helps a woman who lost her seven-year-old daughter in Friday's earthquake in Yunnan province. THE ASSOCIATED PRESS

Tariq al-Hashemi, Iraq's former VP, fled to Turkey when charged.
THE ASSOCIATED PRESS

Fugitive former VP of Iraq sentenced to death

Iraq's fugitive Sunni vice-president was sentenced Sunday to death by hanging on charges he masterminded death squads against rivals in a terror trial that has fueled sectarian tensions in the country.

Underscoring the instability, insurgents unleashed an onslaught of bombings and shootings across Iraq, killing at least 92 people in one of the deadliest days this year.

It's unlikely that the attacks in 13 cities were all timed to coincide with the afternoon verdict that capped a monthslong case against Vice-President Tariq al-Hashemi, a longtime foe of Shiite Prime Minister Nouri al-Maliki.

Still, taken together, the violence and verdict could energize Sunni insurgents bent on returning Iraq to the brink of civil war by targeting Shiites and undermining the government.

Al-Hashemi fled to Turkey in the months after the Shiite-led government accused him of playing a role in 150 bombings and assassinations. THE ASSOCIATED PRESS

Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the seasonal vaccine because of the concerns raised by the studies.

Many people in the public-health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise $1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watched U.S. navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Underwater allies

Mine-detecting dolphins have served for a long time.

- The U.S. navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

Drummondville, Que.

Tornado kills hydro for more than 90K

A small tornado hit an area northeast of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

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Prince Harry gives a thumbs-up Friday after he walked past the Apache flightline at Camp Bastion in Afghanistan, where he will be operating from during his tour of duty as a co-pilot gunner. JOHN STILLWELL, POOL/THE ASSOCIATED PRESS

Prince to give 'copter missions a whirl

Second tour of duty. British royal returns to Afghanistan to fly attack helicopters in fight against Taliban

Prince Harry is finishing his first phase of initial training at Camp Bastion in Afghanistan.

The 27-year-old army captain arrived in Afghanistan for his second tour there on Friday but will not start flying Apache helicopter missions for at least seven more days.

On Sunday, the third-in-line to the British throne was expected to complete his two-day course in first aid, shooting, and roadside-bomb awareness.

He then is to start Apache-specific preparation Monday, where he will begin to familiarize himself with the helicopter's configurations for Afghanistan.

The prince's previous posting as a battlefield air-traffic controller in Afghanistan in late 2007 and early 2008 lasted only 10 weeks. It was cut short amid fears for his safety after his deployment was made public.

THE ASSOCIATED PRESS

One less corgi in the palace. Queen's dog dies

Buckingham Palace says one of Queen Elizabeth II's corgis, who took a star turn in the James Bond sketch during the Olympics opening ceremony, has died.

Monty and two other of the queen's beloved corgis appeared in a James Bond sketch during the opening ceremony, greeting Daniel Craig's James Bond as he arrived at the palace to accept a mission from the monarch.

The palace on Sunday confirmed that Monty — who was previously owned by the Queen Mother — had died. It did not provide details on when or how Monty died, or the age of the dog, but added that another of the queen's pets, dachshund-corgi crossbreed Cider, also had died.

With the death of Monty, Queen Elizabeth II now has two corgis in the palace — Willow and Holly — both of whom also appeared in the Olympics sketch. THE ASSOCIATED PRESS

Not so Nobel

Chinese prize peace their way

Former UN secretary general Kofi Annan, Thailand's prime minister and Microsoft founder Bill Gates are among those nominated for a Chinese alternative "peace prize."

Organizers of the Confucius Peace Prize announced the nominees Sunday for the accolade that last year went to Russia's Vladimir Putin.

The China International Peace Research Center launched the prize in 2010 in an apparent attempt to counter that year's Nobel Peace Prize which went to jailed Chinese dissident writer Liu Xiaobo. He is serving an 11-year prison sentence for co-authoring an appeal for political reform.

Liu's win enraged the government and Chinese nationalists, who accused the Nobel committee of interfering in China's legal system as part of a plot to bring the nation down in disgrace.

THE ASSOCIATED PRESS

What a dolphin

This Flipper won't hear of moving

A deaf dolphin found stranded in March off the Louisiana coast is being taken to live at a facility in Mississippi. Suzanne Smith, rescue co-ordinator at the Audubon Nature Institute, says he would be unable to survive in the wild. Deafness is probably the reason he was found sunburned and stranded on a mudflat.

THE ASSOCIATED PRESS

A two-year-old deaf dolphin is fed in New Orleans last week. AUDUBON NATURE INSTITUTE/THE ASSOCIATED PRESS

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Car bomb kills 17, wounds 40

Syria. Concern grows that civil war is providing new forum for foreign jihadists

A car bomb ripped through Syria's largest city of Aleppo on Sunday, killing at least 17 people and wounding 40 in one of the main battlegrounds of the country's civil war, state-run media said.

No group immediately claimed responsibility for the attack. SANA blamed terrorists, the term the regime uses for rebels.

Al-Qaida-style bombings have become increasingly common in Syria, and Western officials say there is little doubt that Islamist extremists, some associated with the terror network, have made inroads in the country as instability has spread. But the main fighting force looking to oust president Bashar Assad is the Free Syrian Army, a group made up largely of defected Syrian soldiers.

Fighting also raged elsewhere in Syria, with at least 58 people reported killed and scores wounded, according to the Syrian Observatory for Human Rights. That figure excluded the car bomb but included eight killed in an air raid earlier in Aleppo that flattened a residential building. The Free Syrian Army said the strikes came hours after rebels overran army barracks in the Hananu neighbourhood. THE ASSOCIATED PRESS

The fight for Aleppo

- Aleppo's fall would give the opposition a major strategic victory with a stronghold in the north, near the Turkish border.
- A rebel defeat, at the very least, would buy Assad more time.

Free Syrian Army soldiers go to the front line in Izaa district in Aleppo, Syria, on Sunday. The group is made up largely of defected Syrian soldiers. MANU BRABO/THE ASSOICATED PRESS

Inaccurate texts

Al-Jazeera says hackers sent false news alerts

Al-Jazeera says hackers have targeted the Qatar-based TV satellite channel for the second time in a week, sending out false news reports on its mobile phone alert service.

A pro-Damascus group known as the Syrian Electronic Army quickly claimed responsibility for the Sunday hack on Twitter. Qatar is a harsh critic of the Syrian regime and a leading backer of the rebels.

The inaccurate texts sent included a claim that the Qatari prime minister had escaped an assassination attempt. A spokesman says an investigation is ongoing.

Hackers posted a pro-Syrian statement on Al-Jazeera's website last week. THE ASSOCIATED PRESS

No honeymoon

Syrian couple weds in Jordan refugee camp

Snakes, scorpions and swirling dust didn't deter a Syrian couple from getting married at Jordan's tent city for refugees.

A carpenter, Hodasa al-Hariri, 23, married his 20-year-old cousin, Hanan al-Hariri, in a simple ceremony on Sunday at the Zaatari camp.

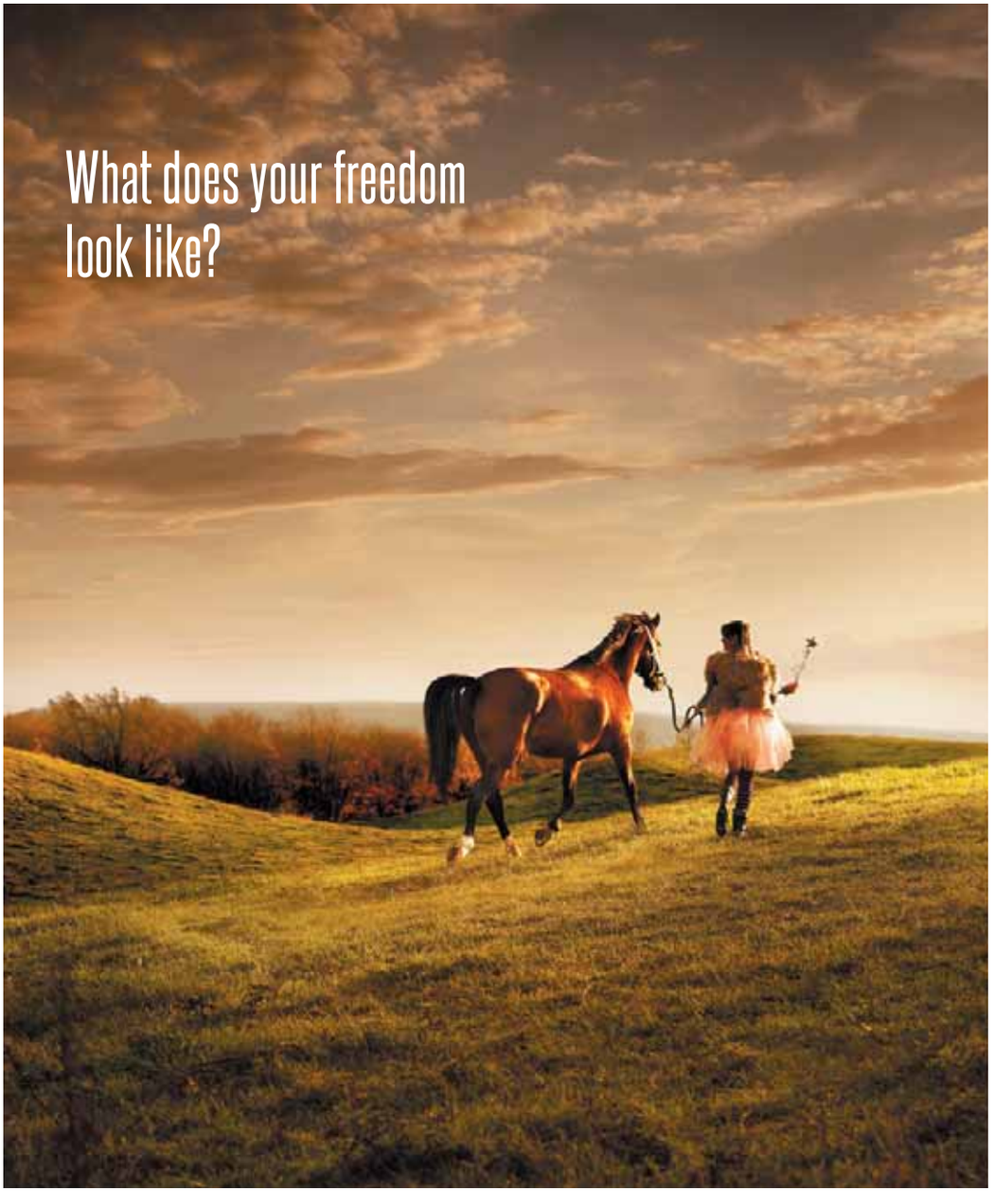
The bride was dressed in a bright pink dress and white headscarf.

The groom said the couple decided to wed in the camp because the crisis in Syria was dragging on and they "expect to be in the camp for a long time."

The couple won't be going away for a honeymoon. The 27,000 refugees are not allowed to leave the camp. THE ASSOCIATED PRESS

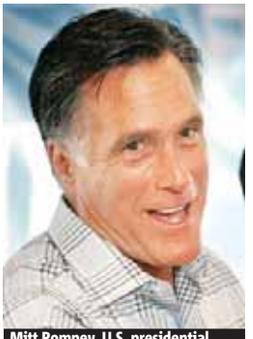
Call to release prisoners

A Jordanian Salafist holds a Qur'an during a demonstration calling for the release of prisoners outside the prime minister's office in Amman on Sunday. A Jordanian militant leader linked to al-Qaida warned Sunday that his extremist group will launch "deadly attacks" in neighbouring Syria to topple President Bashar Assad, as Damascus lashed out at France for backing Syrian rebels. RAAD ADAYLEH/THE ASSOCIATED PRESS



Obama forces Romney's hand on health care

Focus shift. Republican candidate adopts two popular provisions in president's overhaul of health system



Mitt Romney, U.S. presidential candidate. RICHMOND TIMES-DISPATCH, DEAN HOFFMEYER/THE ASSOCIATED PRESS

Republican challenger Mitt Romney disclosed on Sunday that he would keep several important parts of Barack Obama's overhaul of the American health care system, altering earlier vows for a blanket repeal of the president's most significant legislative achievement.

Health care was much on the minds of both candidates over the weekend as polls show an upswing in support for Obama following the Democratic National Convention.

Obama was drawing new attention to Romney's plans to alter Medicare, the government health insurance system for the elderly, hitting the issue hard in Florida, a swing state with a vast population of retired Americans.

Realizing his potential vulnerability on health care issues, Romney spelled out more details for the first time on what he foresees as his vision. "Our plan … deals with pre-existing conditions and with young people," Romney said, adopting two of the most popular provisions in the hard-fought Obama overhaul that bans insurance companies from refusing to cover people with pre-existing medical conditions and allows young people to remain covered under their parents' plan until age 26.

Obama aides believe they successfully forced Romney to temporarily drop his emphasis on the sluggish economy by raising the Medicare issue. Republican analysts admit it did take Romney off his economic focus, which they say is essential for him to win the election.

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Leaders from Pacific-rim nations, including Prime Minister Stephen Harper, pose for a group photo on the final day of the APEC summit on Sunday in Vladivostok, Russia. MIKE BLANCHFIELD/THE CANADIAN PRESS

What Iran does over embassy row won't be a surprise: PM

Diplomatic fallout. NDP Foreign Affairs critic Paul Dewar has said the Canadian embassy closure in Iran has removed Canada as a potential player in the Middle East

With Iran branding his government a hostile stooge of Israel and Britain, Prime Minister Stephen Harper said Sunday that nothing Iran does in response to Canada's severing of diplomatic ties would surprise him.

Harper also pledged that Canada will work through its allies to help three of its citizens still in Iranian prisons. Questions surrounding their fate have become a live issue following Canada's abrupt decision to close its Tehran embassy and expel Iranian diplomats from Canada.

An Iranian lawmaker said his government would have a firm response, while a foreign ministry spokesman called the Harper government hostile and racist, and accused it of doing the bidding of Israel and Britain, according to Iran's Mehr news agency.

Harper said Canadian diplomats were recalled because of Iran's "capacity for increasingly bad behaviour."

"So nothing would surprise me. But that is all the more reason why it's essential that our Canadian personnel no longer be present," Harper told reporters on the final day of the Asia-Pacific Economic Co-operation summit.

"Do I anticipate specific actions? No, not necessarily, but, as I say, we should all know by now that this is a regime that does not stop at anything. So that's just the reality of the situation."

THE ASSOCIATED PRESS

Death sentence in Iran

- **Charged.** Toronto's Hamid Ghassemi-Shall, 43, who immigrated to Canada after Iran's 1979 Islamic revolution, faces a death sentence after being charged with espionage when he returned to visit family four years ago.
- **In limbo.** His wife, Antonella Mega, said she had been seeking the Canadian embassy's help to clarify reports her husband's death sentence has been suspended, and is unsure how effective the government's promise to make appeals through its allies will be. "I'm not sure how you instil a dialogue when you just cut off the dialogue," she said.

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Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2-4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. THE ASSOCIATED PRESS

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday.

Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar.

The collapse of the currency is a sign of the effect of Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

On July 1, the European Union banned import of Iranian oil, and the U.S. tightened sanctions against Iran's banks. On Friday, Canada cut diplomatic relations with Iran over its nuclear program, support for Syrian President Bashar Assad's regime and the country's poor record on human rights issues.

Mahmoud Bahmanai, governor of Iran's central bank, said the plunge of the rial was the result of a rush on the market by buyers seeking to obtain the dollar. THE ASSOCIATED PRESS

CRTC eyes market shift with Bell's purchase of Astral

Public hearing. Competitors argue $3.4-billion deal will give telecom giant too much of English-language TV market

Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. FRED CHARTRAND/THE CANADIAN PRESS

A public hearing into Bell's $3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience. THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for $1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada. THE CANADIAN PRESS

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Only in Metro. News worth sharing.

Energy ministers skirt national-strategy issue

Charlottetown. The meeting in P.E.I. will focus on federal changes to environmental assessment

As federal and provincial energy ministers gather this week in Charlottetown, forging a national energy strategy is conspicuously absent from their agenda.

The topic was all the rage over the summer as business groups, environmentalists, aboriginal groups and most of the premiers — spearheaded by Alberta's Alison Redford — called on Canadian leaders to hash out a solid plan for handling the country's natural resources.

Redford travelled from province to province, persuading one provincial leader after another that a national energy strategy would be in everyone's interests.

But the premiers' meeting in July ended with B.C. Premier Christy Clark refusing to talk about any of it until her demands on the Northern Gateway pipeline were recognized.

Premier Alison Redford fields a question at a news conference after the annual Council of the Federation meeting July 27. ANDREW VAUGHAN/THE CANADIAN PRESS

Now, as the provinces come together once again, joined by federal Minister of Natural Resources Joe Oliver, top-level talks toward a national energy strategy appear to have been downgraded to "discussions for collaboration."

"I'm looking forward to discussing ways we can collaborate on future energy development," was all Prince Edward Island's minister of finance and energy, Wes Sheridan, would say.

Oliver said in an interview Saturday: "We're not pushing a national energy strategy in those terms. But the nomenclature isn't what matters."

Oliver said the Sunday-to-Tuesday meetings will focus on implementing federal changes to environmental assessment, making sure marine and pipeline safety standards are world-class, and investing in market diversification, labour, environment and efficiency.

THE CANADIAN PRESS

Exports

Strategy talk unavoidable

Regardless of their differences and the official agenda, the ministers will wind up talking about the need for pan-Canadian infrastructure that will allow for more efficient export of the country's resources, said federal minister Joe Oliver.

Indeed, he said, every region of the country is caught up with the challenge of moving resources to market and reducing their dependence on American buyers.

In their July statement, however, the premiers — all but B.C.'s Clark — were more ambitious. They issued a list of common principles and said a national energy strategy was "urgent" due to new demand for commodities and climate-change pressures. THE CANADIAN PRESS

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SUN IS TOP WORKPLACE CARCINOGEN

URBAN COMPASS
Janice Paskey
calgary@metronews.ca

Melanoma is on my mind.

That's because I spent part of the summer in a dark basement watching The Big C. Laura Linney plays the fair-skinned lead character who is fighting Stage 4 melanoma — the worst of the skin cancers. (It's TV so she's lasted into a fourth and final season.)

I never realized melanoma was quite so serious. It's a skin cancer that spreads.

Guilt? Yeah. I have to admit to easing off on using sunscreen. The sun feels so good. And there's vitamin D. I'd been reading that sunscreens have toxic chemicals anyway.

But even as we move into fall, I have to face the facts. Sun and tanning beds are the No. 1 risk factor for melanoma and other cancers.

And winter awareness is a challenge.

Sunscreen applied well and every two hours lowers the incidence of cancer by preventing burns. But sunscreen ingredients continue to be studied.

Melanoma is a largely preventable cancer that's on the rise worldwide. Alberta saw a tripling of malignant melanoma up until 2005. Things have levelled off.

Amazingly, the sun is the No. 1 workplace carcinogen. According to one Alberta Health Services study, 27 per cent of our province's workers work outside. Yet only about 40 per cent use sunscreen and cover up. Most outdoor workers are men.

The province wants to check this cancer. It costs $45,000 a year to treat one case.

Lesser factors are genetics and, according to Stanford University, diagnostic X-rays and imaging. This is something to keep in mind.

The best thing you can do is stay out of the sun in peak periods, gown up and wear sunscreen and sunglasses.

"We say pale is the new tan," says Steven Quantz, acting director of the AHS Environmental Carcinogens Program. It seeks to educate workers to limit exposures to known carcinogens.

He notes that any skin cancer increases risks for other cancers.

In The Big C, Laura Linney has had surgery, but looks beautiful and never complains of being tired. In real life, she's an actress who wears really large-brimmed hats on a sunny set.

Somehow vanity and protection need to mesh — especially for men in the outdoors and young people flocking to tanning beds the province should ban.

As for vitamin D, docs have advice: You can get it cheaply from the bottle.

They're growing!

What do human ears, bones, muscles and skin have in common?

Scientists are growing ears, bone and skin in the lab, and doctors are planning more face transplants and other extreme plastic surgeries. Around the country, the most advanced medical tools that exist are now being deployed to help America's newest veterans and wounded troops.

• In Los Angeles, surgeons used part of Michael Mills' forehead to rebuild his nose after a bomb disfigured him in Iraq.

• In Pittsburgh, doctors used an experimental therapy from pig tissue to help regrow part of a thigh muscle that Ron Strang lost in a blast in Afghanistan.

• In Boston, scientists are making plans for the first implants of lab-grown ears for wounded troops after successful experiments in sheep and rats.

• In San Antonio and other cities, doctors are testing sprayed-on skin cells and lab-made sheets of skin to heal burns and other wounds. The ingenuity is impressive: One product was developed from foreskin left over from circumcisions.

Much of this comes from taxpayer-funded research. Four years ago, the U.S. government created AFIRM, the Armed Forces Institute of Regenerative Medicine, a network of top hospitals and universities, and gave $300 million in grants to spur new treatments using cell science and advanced plastic surgery. **THE ASSOCIATED PRESS**

Sun cracks its whip on Earth

NASA/GSFC/SDO

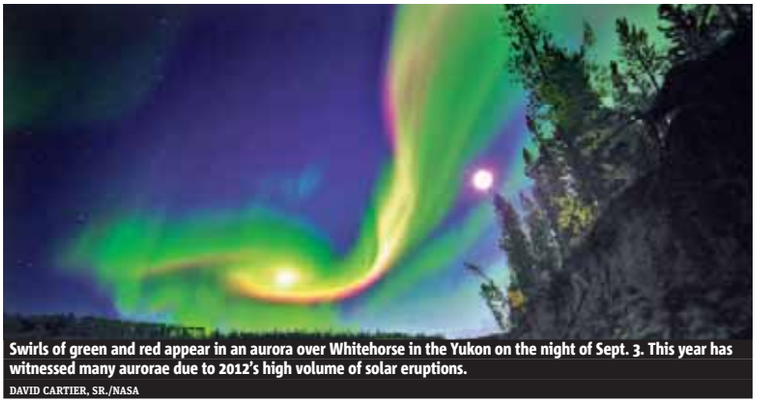
Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas composed of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

Burn your feet, warm your heart

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Fire walking certainly is not for the faint of heart or the tender of foot.

But Thomas Chadwick has made it appealing to those who want to "warm" their heart. Last month, he hosted a charity fire walk just outside of Airdrie, with proceeds going to benefit Room to Read, an organization that helps build libraries in developing communities.

Fire walking is not without controversy: Some believe it's a transformative experience, while others are concerned about roasting their feet. But it's an inventive fundraising idea for those who've got "traversing hot coals" on their bucket list.

A donation also earns you a spot by the fire as a spectator, if you'd rather watch than walk. The group raised more than $2,500 and 35 sets of feet walked the fire. Chadwick says he chose the charity Room to Read because "giving children the opportunity for an education is a big step in building the world we want to see." Chadwick regularly hosts charity fire walks in the area, so look out for the hot coals near you.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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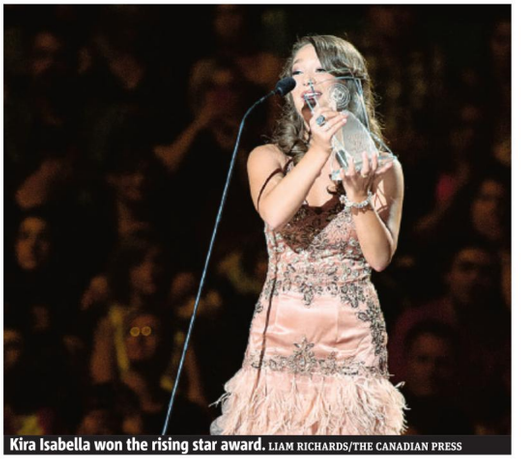
SCENE 2

Top country crooners rake it in at CCMAs

Awards. Show opened with Dean Brody's ode to sexy Canadian girls in their winter toques

Carolyn Dawn Johnson, after winning the award for female artist of the year at the Canadian Country Music Awards in Saskatoon.
LIAM RICHARDS/THE CANADIAN PRESS

Jason Blaine reacts after winning an award for single of the year.
LIAM RICHARDS/THE CANADIAN PRESS



Kira Isabella won the rising star award. LIAM RICHARDS/THE CANADIAN PRESS

Dean Brody choked back emotion Sunday as he was named male artist of the year at the Canadian Country Music Association Awards.

It was a good night for Brody.

He opened the show in Saskatoon with an enthusiastic performance of his hit single Canadian Girls before a crowd of more than 11,000 people and ended the night by winning album of the year for his record DIRT.

The attention seemed to overwhelm the artist originally from Jaffray, B.C.

"It's kind of weird for me because I'm a pretty quiet person," Brody said backstage.

"I started this whole thing to be a songwriter. I actually moved to Nashville to be a songwriter and the whole artist thing just kind of evolved from being in Nashville and writing songs. Some people were like 'Man, it doesn't sound too bad when you sing. Maybe you should record 'em.'"

The first award of the night went to a woman familiar with winning. Carolyn Dawn Johnson was named female artist of the year — a title she's won four previous times. Johnson said her heart was pounding.

"I'm feeling very joyful right now and the kind of joyful that makes you want to cry. But anyway it doesn't get old. I'll say that," she said, her voice cracking with emotion.

Johnson, who has been writing and performing off and on since the '90s, said it's hard to describe how she got to this point in her career.

"I guess you just keep dreaming and you work hard," she said backstage. "When I decided to do this I just went for it and worked my butt off and I still do. There's never a slacker day."

Johnson was presented her award by American country music superstar Taylor Swift, who praised the nominees for female artist of the year as inspirations for young girls.

Swift was at the show to receive the generation award, a new award that celebrates those who have pushed country music forward to new audiences.

"To country radio in Canada and to the music fans in Canada, you guys are the ones who chose to play my songs. You guys are the ones who chose to buy the albums and sell out the concerts," Swift said in her acceptance speech.

Other winners included Jason Blaine, who won single of the year for They Don't Make 'Em Like That Anymore, rising star award recipient Kira Isabella, Johnny Reid for the fans' choice award and husband and wife duo The Stellas, who won video of the year for In This House. THE CANADIAN PRESS

On the web

Scan this code or visit metronews.ca/scene to get more of the details from Sunday night's Canadian Country Music Association awards.

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After 40 years, KISS still a Monster of rock and ready to roar again

KISS has hit the road again this summer to promote their new album, Monster. ASH NEWELL/FOR METRO

On the road. After the release of their 20th studio album, Gene Simmons and Co. may be getting older, but not any tamer

CHRIS ALEXANDER
scene@metronews.ca

For almost four decades the iconic circus collectively known as KISS have been thrilling the masses, with their trend-defining, still wildly absurd amalgam of muscular, no-nonsense rock music and dark fantasy theatrics.

Now, after an up and down history that saw their legacy rise, fall and rise once more, KISS are not only deeply ingrained in the collective pop culture fabric, but they are also on top of their creative game.

Their latest album — the 20th studio album in fact — is appropriately called Monster. While not due in stores until mid-October (from Universal) the band has hit the road this summer, demolishing stages across the U.S. and Canada with fellow freak-rockers Mötley Crüe.

"The Tour," as its boldly calling itself, condenses both bands' performances into two 90 minute sets, but, as co-founder and media gadfly Gene Simmons insists, KISS won't be skimping on any of its patented blood, bombs and pyro.

"KISS has a philosophy few other bands have," Simmons told Metro.

"And that's to give the fans bang for the buck. Not just our show. But making sure anyone on the bill with us is worthy of being on hallowed ground — the Electric Church … the KISS stage. For us, the power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."

What KISS is also about is transcending the fate of many of its "classic rock" ilk who are content to tour the hits and pander to the generation that first found them. Instead, a typical KISS audience contains a cross section of fans of every age, with KISS Army lifers sharing space with kids, their faces painted to honour their larger-than-life heroes.

"The KISS Army is a living, breathing thing," says Simmons, 62 and still swinging from wires and vomiting gore.

"You can't put your finger on it. Through the decades, the fans have always showed up wearing our makeup, some of them tattooed with our faces all over their bodies. And now, with children in tow, who are named after our songs.

"And when we do the KISS Kruise in Halloween in the Bahamas, it's a gathering of the tribes."

Yes, you heard that right. A real deal KISS Kruise is one of thousands of branded events and products that bear the band's seal of grandiose approval.

Combine that international omnipresence with sold-out stadiums across two countries and a hotly anticipated new album, and Simmons has every right to brag.

"We have every intention of making Monster a No. 1 album," Simmons states confidently.

"If you're a world champion, and if you have the heart of a lion, you will stay in the ring. If not, pack up and go home."

Raison d'être

"The power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."
Gene Simmons, KISS lead singer

Release date

KISS' 20th studio album, Monster, is set to be released on October 9. For tour information go to kissonline.com.

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OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt. ALL PHOTOS GETTY IMAGES

Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."

Quote

"No plans yet, other than we are going to do it."

Brad Pitt
On getting married to Angelina Jolie.

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The Word

Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling piles of almost-warm takeout.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off: "Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time. Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.

Katy Perry.

Katy Perry spotted with John Mayer

It appears reports of the demise of Katy Perry and John Mayer's relationship were premature, as the pair were spotted at the MTV Video Music Awards after-party looking much still together, according to Hollyscoop.

"(John and Katy) were holding hands walking around the VIP area looking like a legit couple. They weren't even hiding it," the source says.

They soon left the party, though, in favour of a more intimate dinner at a restaurant in West Hollywood.

Twitter

@joelmchale
Sad news: the phrase "hot mess" is six months past it's expiration date. Also "I just threw up in my mouth a little" is over(2 years).

@lindsaylohan
just sending love, prayers and strength to #PrinceHarry

@katyperry
Today I am promised happiness. Let's do this!

@AlbertBrooks
"Shocking. Nude. Sex. Devastating" Four words you must use to have a successful website.

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LIFE 3

Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca

- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed on sugar. **KAREN HUMPHREY, YUMMYMUMMYCLUB.CA**

On the Web

Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

Reading with kids, even the ones who graduated to chapter books, can help. ISTOCK

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spree. Give each child a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

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Get Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

MICHELLE CASTILLO
Metro World News

Is this the hatch? CONTRIBUTED BY THE JOAOS

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

But it wasn't until they found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to recreate the famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part. Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."

Quote

"This is the polar bear from 'LOST!'"

See the room: m-and-j-collection.blogspot.pt/

Get your kid hooked on good TV early

1 Breaking Bad

Pick up some artwork, like these Breaking Bad illustrations by Mike Mitchell that display the characters of the drug drama in cute cartoon form. The artwork was part of The Breaking Bad Art Project, a show that took place in Gallery1988 in Los Angeles.

2 Game of Thrones

Start by pasting a giant map of Westeros on your child's bedroom wall (at HBO.com). And make sure your child sleeps like a king or queen by purchasing some Game of Thrones-themed pillow cases that displays your house sigil. They're at cafepress.com.

3 Glee

They'll be in high school soon enough, but you can initiate your child's musical future by playing a Glee-themed boombox/CD player. It's perfect for those Baby Einstein tapes or those covers of Don't Stop Believing.

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Chicken-and-cheese tortellini is as easy as 1, 2, 3 — literally

ROSE REISMAN
for more, visit
rosereisman.com

Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for 8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it

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Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat
This indulgence will clog arteries.

Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.

Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat

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Spinach Gnocchi: An Italian take on eating your greens

Ingredients

- 10 oz fresh spinach, tough stems removed
- 3 or 4 medium potatoes
- Salt and ground black pepper, to taste
- Dash or tiny grating of nutmeg, about 1/16 tsp
- 1 cup all-purpose flour, approximately
- About 1 cup any light tomato sauce
- Freshly grated Parmesan cheese

1. Bring a large pot of salted water to a boil. Set a bowl of ice water nearby.

2. When the water boils, add the spinach and cook until it wilts and the stems become tender, 30 seconds to 2 minutes. Use a slotted spoon or strainer to transfer the spinach to the bowl of ice water (leave the pan of water at a boil). Once the spinach has cooled, lift it from the water, squeeze out any excess moisture, then chop very finely.

3. Wash the potatoes. Using the same water the spinach was cooked in, cook the potatoes until tender but not mushy, 30 to 40 minutes. Transfer the potatoes to a large bowl (leave the pan of water at a boil, adding more water if needed).

4. Mash the potatoes or put them through a food mill, then combine them with the spinach, salt, pepper and nutmeg. Add the flour a bit at a time, kneading with your hands, until the mixture is no longer extremely sticky (the amount of flour you add will depend on the potatoes). Not enough flour will make gnocchi that fall apart; too much will rob them of flavour. Once they stop sticking, add a little more flour and do a test run, then add more flour if necessary. Form the gnocchi, by hand, into inch-long oval shapes.

5. Cook the gnocchi about 6 at a time, lowering them into the water and removing them with a slotted spoon when they rise to the top, 2 to 3 minutes. Place the cooked gnocchi in a warm, shallow bowl and keep warm. When all the gnocchi are cooked, top them with tomato sauce and cheese, then serve.

THE ASSOCIATED PRESS/ MARK BITTMAN'S LEAFY GREENS, WILEY, 2012

This recipes serves four for lunch. MATTHEW MEAD/ THE ASSOCIATED PRESS

The In-Credibility Factor

Lauren Friese PROVIDED

Name: Lauren Friese
City: Toronto
Age: 29

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:
"I spent my first dollar on TalentEgg.

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before.

"We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

• "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."

• "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."

• Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

Stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed. CHRIS YOUNG/THE CANADIAN PRESS

Test-taking likely isn't front of mind for students just getting settled back into school routines following the summer vacation. But it's not too soon to start plotting plans to hit the books well before the first quiz or midterm pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

FA-ST track to success

Sarah Gaikwad enrolled in the Facilitation Study Sessions (FA-ST) program, which targets courses that have low retention rates or in which a high portion of students perform poorly.

- Students who have successfully completed those same courses are trained as facilitators and lead sessions that take a collaborative approach to helping students review and understand the material.
- Since Supplemental Instruction originated in the U.S. in the 1970s, the academic support model has been steadily establishing a presence in Canada, with comparable programs in place at schools across the country.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

In a cram jam?

You get worse at deep thinking in any one sitting, so trying to study for six or eight or 12 hours at a time isn't going to work.
Catherine Rawn
Psychology instructor

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn.

"You get worse at deep thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes around it's not, 'Hmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. 'I'm going to read this chapter.' And then it gets done."

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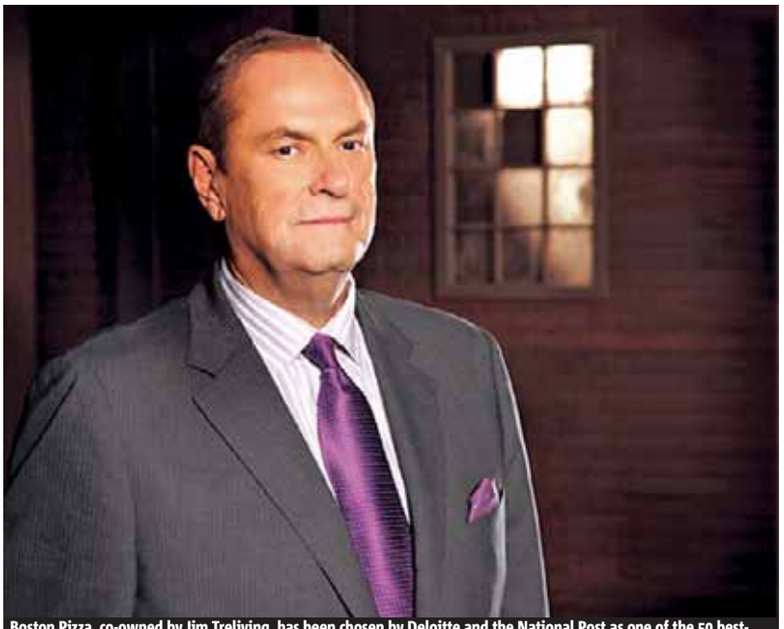

Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994. GREG PAUPST/CBC

Canada's king of 'za offers entrepreneurs a slice of advice

Success in writing. Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH BEDDALL
life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than $1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?
If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the critical financial numbers of your business or find someone you trust who can help to you do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the ground.

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?
You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame is saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?
We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures.

These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and successful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple – our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?
Wow, that's a good one! It is hard to go wrong with pizza I guess. I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now!

I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."

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Fill in the Blank, a book by artists and graphic designers Elodie Chaillous and Vahram Muratyan, is full of visual and written prompts for tapping inner creativity. QUIRK BOOKS, ELODIE CHAILLOUS, VAHRAM MURATYAN/THE ASSOCIATED PRESS

Save that scribble!

Not a waste of time.
The art of doodling taken seriously by artists, crafters

Ben Bass is a longtime computer programmer and avid doodler. In elementary school, he doodled World War II airplanes, and doodled throughout high school and college.

Then doodling got away from him. "Parenting and a full-time job kind of drains the doodle out of you," Bass explains.

Bass thanks a tedious work meeting 18 years ago for bringing him back to doodling. Bored out of his mind, the Affton, Mo., resident started tapping a pen on his notepad, making tiny ink dots on the paper. Eventually, the spots started to look like something — a horse's head — and Bass' doodling days returned with a vengeance.

Today, he doodles in his personal pointillism whenever he's sitting with his hands free.

Zen in a pen

"It lets me focus my energies. It lets my mind reset. Those are the two main benefits of it."
Ben Bass, computer programmer, on doodling

"It lets me focus my energies. It lets my mind reset," says Bass, 49. "Those are the two main benefits of it."

Schoolchildren and adults doodle for the same reasons, out of boredom, to focus, to release pent-up energy. Doodling is a playful way for artists to tap their imaginations. For novices, classes are available online via crafters' blogs and at some small arts and crafts shops.

"It's a good way to germinate ideas," says Deb Douglas, assistant professor of art history at St. Louis University.

Douglas was featured this summer in Booze Doodle, a series in the St. Louis culinary magazine Feast. Local artists are asked to doodle with a Sharpie on a cocktail napkin at an area restaurant. First they're handed a cocktail to "stir the creative juices," according to the magazine's website.

Douglas doodled some floral and seashell patterns she'd been working into a painting, she says. On her own, she doodles when she feels stuck artistically.

"Doodling is often a way for me to make lists esthetically," she says.

Douglas says there's a fine line between doodling and sketching. Doodling involves pulling ideas out of one's imagination or drawing what one sees, whereas sketching is more purposeful.

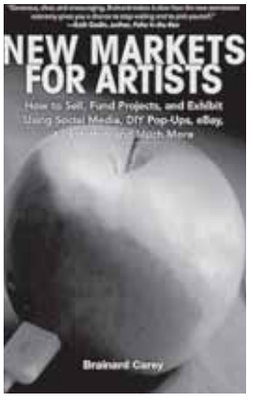
Pam Keravuori, 67, an abstract painter in Fairfax Station, Va., says both sketching and doodling involve carving space with lines, but doodling is more carefree.

"I think doodling has become a popular thing because it's fun," says Keravuori. "It doesn't have some big, ulterior motive. And yet, it's practiced."

THE ASSOCIATED PRESS

Master new media to market your art

BRUCE WALSH
Metro World News in Philadelphia


NEW MARKETS FOR ARTISTS
How to Sell, Fund Projects, and Exhibit Using Social Media, DIY Pop-Ups, eBay, and Much More
Brainard Carey

Over the last two decades, New York conceptual artist Brainard Carey has carved out a career for himself on the international scene, with featured performances at the Whitney and Venice Biennials, among other notable venues.

But he has also pursued a parallel career as a kind of motivational speaker for contemporary artists. His message: In order to have a career, you have to develop your strategic voice, not just your artistic voice.

"Artists who have a sense of aesthetics and quality constantly see other's work which is poorly made — or just bad — being exhibited. That's very frustrating. But it also tells us something: There is another mechanism, beyond quality, for why that work is presented," explains Carey. "So all I'm saying is, 'let's look at what those mechanisms are.'"

His latest book, New Markets For Artists, is a sequel to last year's Making It in the Art World.

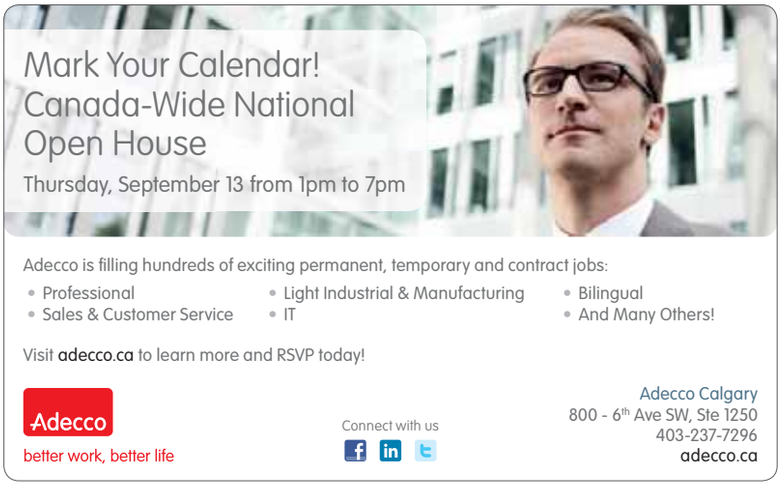
This time, Carey wants to help artists rethink their use of social media and online markets.

"One of the ways people gain access is understanding how to reach people in an effective way. It's all incredibly personal. How we approach people and handle ourselves is 90 per cent of what's going on in our careers," he explains.

"We have to practice our etiquette and think about how we're approaching people. The best analogy is online dating. It's not very effective to say, 'Here's my picture. If you think I'm handsome, click my e-mail.' Yet that's basically what artists often do with their work. That's not attractive. People want to see something about who you are and how you think."

Talk the talk

"How we approach people and handle ourselves is 90 per cent of what's going on in our careers."
Brainard Carey
Author of New Markets for Artists



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Women taking women under their work wing?

Girl power. Ladies can be powerful mentors to their female co-workers, but how often is that really happening?

JULIA WEST
Metro World News in Philadelphia

"Women help women in the workplace in myriad ways," proclaims Teresa Currier, chair of Saul Ewing LLC's Women's Development Initiative. "First, the mere presence of other professional women helps younger women making their way up, because a strong population of women silently stands for the proposition of inclusion in one of its many forms."

It's difficult to say if this thought reflects what's really happening in the workplace. Of course, we hope it's accurate, but a recent poll by LinkedIn found that 51 per cent of women surveyed between the ages of 18 and 29 said that they have not been mentored by female colleagues. Of the women questioned, 67 per cent of those who aren't mentoring others said the reason is because they haven't been asked to mentor anyone.

While it's hard not to get discouraged by these numbers, it's important to remember a couple of things. First, each situation is circumstantial.

Brittany Sykes, senior account executive at Teszler PR, Inc., recalls when her supervisor, Barbara Teszler, helped her advance in her career.

"After interning (for Teszler), I was offered a trial run for a position and ultimately became a publicist," says Sykes. "(Teszler) left the company to start her own and because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Aside from the numbers, the LinkedIn survey tells us something very insightful: Women aren't asking to be mentored.

"We're all in this together," Currier reminds us. "Women today know that, and act upon it." If we look up to other women in the workplace, the study suggests we need to start asking them to help us in our own careers.

Career connections

"...Because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Brittany Sykes
Senior account executive at Teszler PR, Inc. on her supervisor, Barbara Teszler

Just because she hasn't asked for a mentor doesn't mean she doesn't want one. ISTOCK

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BRUCE WALSH
Metro World News in Philadelphia

Take happiness into your own hands if your wellbeing is being put on the back burner by your boss. ISTOCK

Career Systems International founder, Beverly Kaye, has been specializing in corporate management techniques for almost three decades. In her latest book, Help Them Grow or Watch Them Go: Career Conversations Employees Want, she sets out to debunk the myths surrounding career development.

Are you championing a humanistic approach to management?
I don't know what other approach there could be, when it comes to working with people. We passed through the mechanistic management era. That's not coming back. More than ever we have to treat every employee as an individual, and there are different things that motivate every individual. I'm just trying to encourage people to find out what that is.

What do managers get wrong about employee development?
They get the wrong idea about how much time it will take. They believe that if they sit down with an employee, it's going to take an hour and they're going to do whole lot of paperwork because of it. But it's not about lengthy conversations or forms. It's about recognizing a moment, and asking questions. It's about being curious.

But not everybody can move up in the organization, right?
Not everybody wants that, even though management often assumes that's the case. But everybody wants to be challenged. We have to help people find what they want, and that's often not a vertical move.

How can an employee pursue development at a company where these ideals aren't being encouraged?
Have you asked for what you want? Most employees have not.

Often, we expect our managers to be mind readers. Ask yourself: What would make me happy? What do I love the most? How can I incorporate that into my current job? You've got to share that with your manager.

National Career Day

Wednesday, September 12, 2012
from 7 am to 7 pm

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A little longer in the tooth, a little longer in the position

Extra years count.
New study shows older workers are more sturdy and better at collaborating

BRUCE WALSH
Metro World News in Philadelphia

He's seen a heck of a lot, so he's ready to handle it. ISTOCK

Perhaps the most comprehensive study on employees 45 years of age and older was released last Friday, and the findings will likely provide a boost of confidence to older workers.

Mid and Late Life Career Issues: An Integrative Perspective is authored by researchers from the University of Florida, the University of La Verne and Cal State San Bernardino. It contains a bounty of new quantitative data, with first-hand employee interviews and a thorough analysis of existing research.

The study suggests that older workers tend to be better collaborators than their younger counterparts. Moreover, they typically handle negative workplace emotions in a more constructive way.

"This is the kind of message that needs to get out!" declares Kerry Hannon, the author of Great Jobs for Everyone 50 plus and the AARP Jobs Expert. People get so twisted around about hiring older workers," she continues.

"With experience, we (older workers) have gone through a lot of different cycles in the economy. So, when something happens like a layoff, we're a lot more adaptable. We won't get thrown off the porch."

Lead researcher Dr. Mo Wang stresses that little serious research exists on this subject, and that most of their findings are simply suggestions for further investigation. But when it comes to performance evaluations, he sees pervasive distinctions between old and young employees, and these results may not feel so flattering to the more mature.

"Older workers want to maintain a positive standing in their supervisor's eyes, while younger workers mainly focus on learning from the feedback," says Wang. "It seems to be the emotional experience that older people are more focused on. They value the relationship. Younger workers value the knowledge."

An old worker's tale

Myth busting

- A critical take-away from the new study, Mid and Late Life Career Issues: researchers found no substance to the widespread claim that older workers are harder to train for new positions, jobs and tasks.

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MLB

Jays' sweep in Boston puts Sox in AL East cellar

Omar Vizquel hit a pair of sacrifice flies, including one in the ninth inning that lifted the Toronto Blue Jays over the free-falling Boston Red Sox 4-3 on Sunday.

Toronto entered the series in last place in the American League East, but left Fenway Park two games ahead of the Red Sox. The Blue Jays have won four straight overall and six in a row against Boston.

Jacoby Ellsbury and Dustin Pedroia homered for the Red Sox, who have lost four in a row and 10 of 11. THE ASSOCIATED PRESS

Omar Vizquel celebrates with his Jays teammates on Sunday in Boston. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

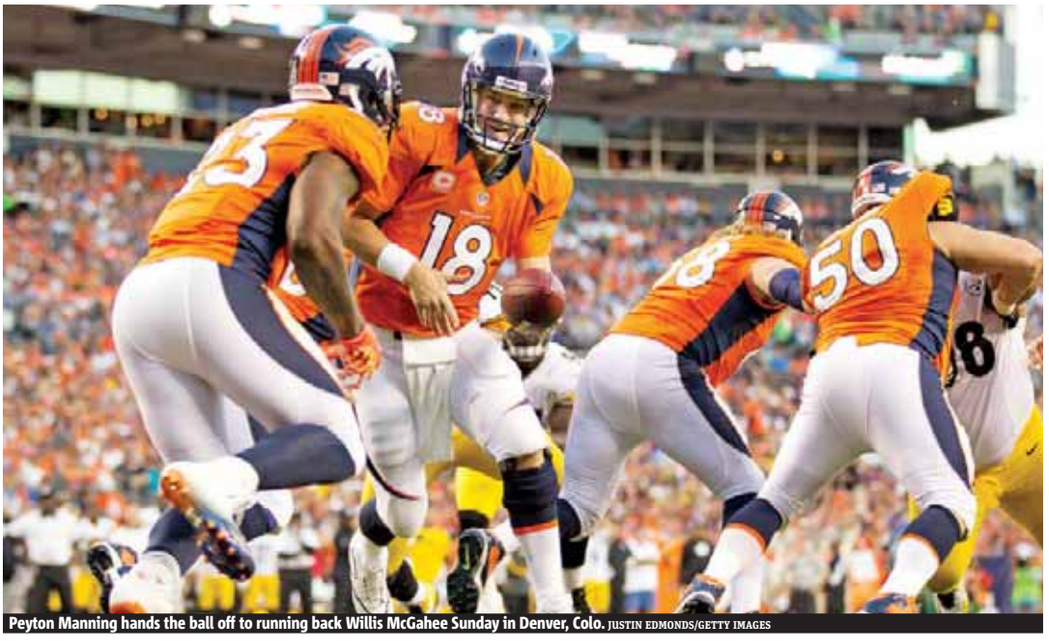
McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. THE ASSOCIATED PRESS

Tennis

"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Peliwo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday. Peliwo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.



Peyton Manning hands the ball off to running back Willis McGahee Sunday in Denver, Colo. JUSTIN EDMONDS/GETTY IMAGES

Manning finding his way on his new team

NFL. Former Colt makes triumphant return from serious neck injury

Sunday's game

31	19
Broncos	Steelers

Peyton Manning baffled defences for years by using strange words such as "ice cream" and "soul train" at the line of scrimmage.

The four-time NFL MVP is struggling to grasp a new language now, though it didn't show in his debut with Denver.

"That's been one of the hardest things, learning new terminology, new formations," Manning told Tony Dungy on NBC's Football Night in America.

Coming off four neck surgeries that sidelined him all of 2011, Manning made a triumphant return Sunday night with his new team. Manning threw two touchdown passes to lead the Broncos over the Pittsburgh Steelers 31-19.

His first touchdown pass as a Bronco was a 71-yard completion to Demaryius Thomas. It was the 400th touchdown pass of Manning's career.

Manning reached the milestone in his 208th career game. Dan Marino did it in his 227th game and Brett Favre in his 228th.

Manning, who is known for masking his emotions, was surprisingly candid in a pregame interview with Dungy, his former coach in Indianapolis. He said he's "not even close" to being settled in Denver and always thought he'd play for one team.

The biggest adjustment for Manning has been understanding the offence.

"As you know, in Indianapolis we kind of had a unique language, and it didn't carry over to any other team," Manning said. "So that's been humbling for me. A lot of times these coaches do a double take and say, 'I thought you were supposed to be this smart quarterback. How come you keep having to run it again?' But there has been no carryover. That's presented a challenge, but that's a challenge I've embraced."

Manning was considered a maestro on the football field with the Colts. He was a master at dissecting defences and changing plays at the line. Manning had an odd way of calling audibles, putting on a show with his gyrations, finger-pointing and foot-stomping.

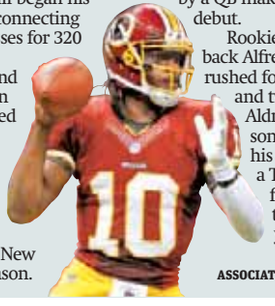
It may take him a while to be that animated in Denver. But even a tamer Manning can be successful.

"Everybody keeps asking me, 'Are you settled yet? Are you settled yet?' Really, not even close," Manning said. THE ASSOCIATED PRESS

NFL

Washington stuns New Orleans on back of RG3's 2 TDs

Robert Griffin III began his NFL career by connecting on 19 of 26 passes for 320 yards and two touchdowns, and the Washington Redskins handed the Saints a 40-32 loss in their first game since the bounty scandal that overshadowed New Orleans' off-season.



Griffin completed his first eight passes, including an 88-yard touchdown pass to Pierre Garcon, tying for the second-longest scoring pass by a QB making his NFL debut.

Rookie running back Alfred Morris rushed for 96 yards and two TDs. Aldrick Robinson, making his debut, had a TD among four receptions for 52 yards. THE ASSOCIATED PRESS

Top rookie debut

Bears hold Colts' Luck in check in first taste of regular season action

The Chicago Bears spoiled Andrew Luck's debut, beating the Indianapolis Colts 41-21 Sunday in the season opener.

The Colts' No. 1 pick was 23 of 45 for 309 yards with a four-yard touchdown pass to Donnie Avery early in the fourth in a 41-21 loss to the Chicago Bears on Sunday.

But Luck also got picked off three times — twice by former Colt Tim Jennings — in an up-and-down start for a rookie with huge shoes to fill.

All he has to do is prove the Colts were right to take him with the No. 1 pick in the draft and part with Peyton Manning after he missed last season with a neck injury. THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

Serena comes through in clutch in U.S. Open final

Tennis. Williams rallies to beat Azarenka for fourth title at Flushing Meadows and 15th Grand Slam title

Serena Williams poses with the U.S. Open championship trophy on Sunday in New York. AL BELLO/GETTY IMAGES

Finally tested, even trailing, at the U.S. Open, Serena Williams turned things around just in time.

Two points from defeat, Williams suddenly regained her composure and her strokes, coming back to win the last four games and beat top-ranked Victoria Azarenka 6-2, 2-6, 7-5 on Sunday night for her fourth championship at Flushing Meadows and 15th Grand Slam title overall.

"I honestly can't believe I won. I really was preparing my runner-up speech, because I thought, 'Man, she's playing so great,'" Williams said during the trophy presentation after the two-hour, 18-minute match, adding: "I'm really shocked."

Might be the only one.

After all, what really was stunning was that Azarenka made things as interesting as they were, given that she came into the day 1-9 against Williams over their careers.

Add in that Williams hadn't dropped a set in the tournament, losing only 19 games through six matches before Sunday. All part of a tremendous run she is putting together in reaction to her loss at the French Open in late May, the American's only first-round exit in 49 career major tournaments. Since then, she is 26-1, winning Wimbledon and the London Olympics.

There hadn't been a three-set women's final in New York since 1995, and Williams came through with a late charge.

"Serena deserves the win. She showed how true of a champion she is," said Azarenka, who managed only 13 winners, 31 fewer than Williams. "I definitely gave it all today. Stepping out of this court today, I will have no regrets."

Azarenka hadn't dropped a three-set match all season until Sunday, going 12-0 in matches that went the distance, including victories over defending U.S. Open champion Sam Stosur in the quarter-finals and 2006 champion Maria Sharapova in the semifinals. THE ASSOCIATED PRESS

Tennis

No raining on Djokovic's parade to U.S. Open final

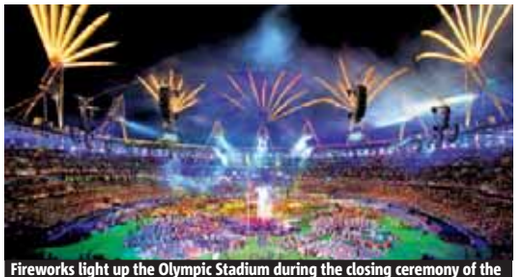
The weather was much better at the U.S. Open on Sunday. So was Novak Djokovic.

Under a cloudless blue sky, in only a hint of wind, defending champion Djokovic got his game into high gear and reached his third consecutive final at Flushing Meadows by beating fourth-seeded David Ferrer of Spain 2-6, 6-1, 6-4, 6-2 in a match suspended a day earlier.

"I was a different player," the second-seeded Djokovic said. "I felt much more comfortable on the court today than I did yesterday, (when) obviously the conditions were more brutal." THE ASSOCIATED PRESS

Novak Djokovic celebrates his U.S. Open semifinal win over David Ferrer on Sunday. THE ASSOCIATED PRESS

Canadians soaked up spotlight in London



Fireworks light up the Olympic Stadium during the closing ceremony of the Paralympic Games Sunday in London. JULIAN FINNEY/GETTY IMAGES

Canada's athletes feel Paralympic sport hit a new level of recognition and respect in London.

Whether that spotlight extends to Canada when they go home after Sunday's closing ceremonies of the Paralympic Games is debatable.

But the Canadians have enjoyed their status as the top show in London. And that's with the Premier League soccer season opening just prior to the Games.

Ticket sales, television ratings and anecdotal information from the athletes themselves indicate the host city embraced the Paralympic Games like none before it.

The 80,000-seat Olympic Stadium was full for track and field finals. The velodrome was ear-splitting, particularly when a British cyclist was on the track. The swimming pool stands had people in them all the way to the top row.

"What's new about these Games is the popularity of the events," four-time Paralympic swimmer Benoit Huot said. "Sold out for heats, sold out for finals.

"We've never seen that. In Sydney, Athens and Beijing, in the heats it wasn't sold out. There were people, but it was mostly summer camps or kids from schools. Here, it's the public that bought tickets and that's a first." THE CANADIAN PRESS

Medals

- The stated objective of a top-eight finish in gold medals won proved too ambitious for Canada.
- Seven golds was well below the 19 won four years ago in Beijing. Canada ranked 20th with 31 total medals.

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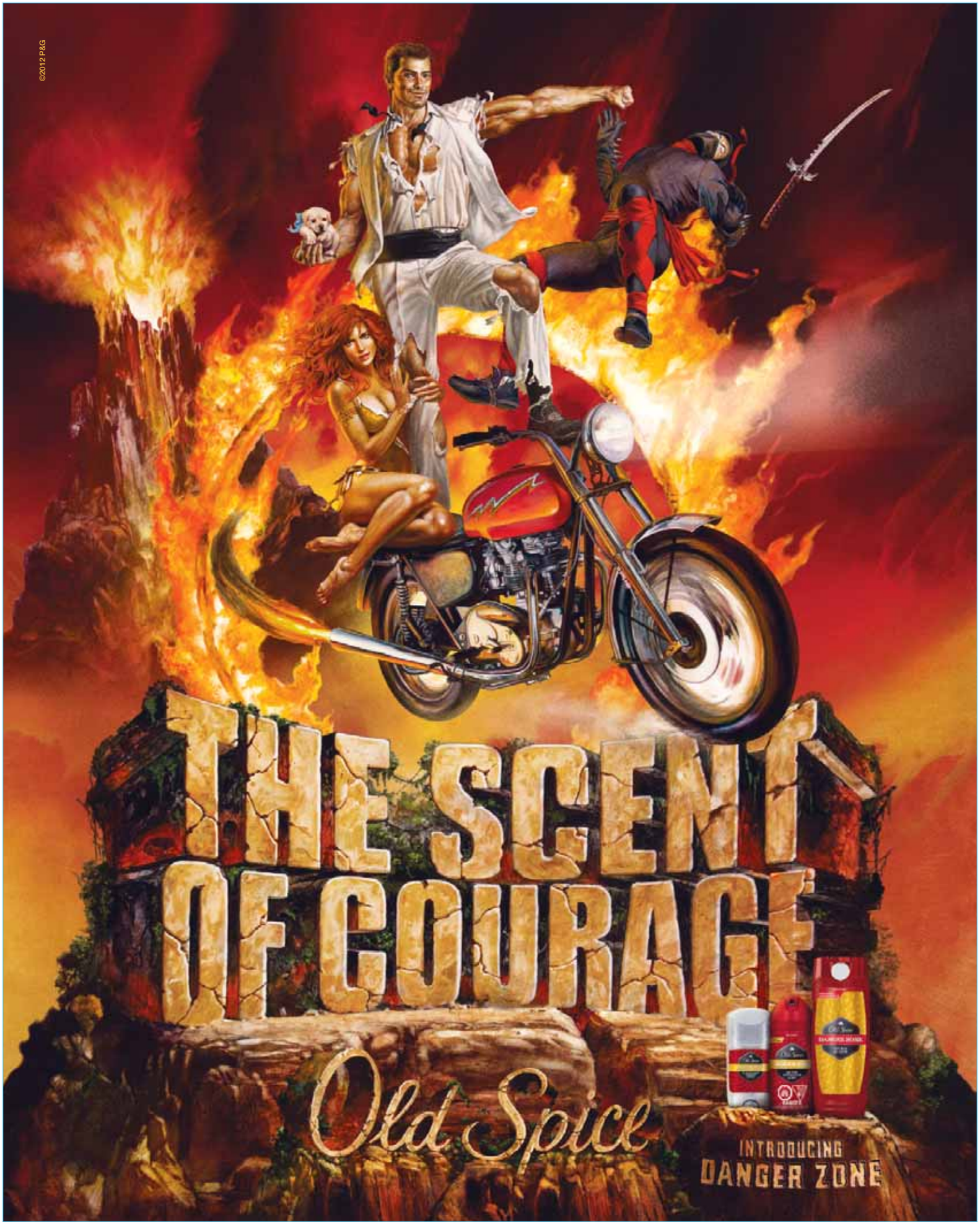
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MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	79	61	.564	—
Baltimore	78	62	.557	1
Tampa Bay	77	63	.550	2
Toronto	64	75	.460	14½
Boston	63	78	.447	16½

CENTRAL DIVISION	W	L	Pct	GB
Chicago	75	64	.540	—
Detroit	73	66	.525	2
Kansas City	63	77	.450	12½
Cleveland	59	81	.421	16½
Minnesota	58	82	.414	17½

WEST DIVISION	W	L	Pct	GB
Texas	83	57	.593	—
Oakland	79	60	.568	3½
Los Angeles	77	63	.550	6
Seattle	67	74	.475	16½

Sunday's results

N.Y. Yankees 13, Baltimore 3
Toronto 4, Boston 3
Tampa Bay 6, Texas 0
Minnesota 8, Cleveland 7
Kansas City 2, Chicago White Sox 1, 10 innings
L.A. Angels 3, Detroit 2
Oakland 4, Seattle 2

Saturday's results

Chicago White Sox 5, Kansas City 4
Baltimore 5, N.Y. Yankees 4
Minnesota 3, Cleveland 0
Texas 4, Tampa Bay 2, 10 innings
Toronto 9, Boston 2
L.A. Angels 6, Detroit 1
Oakland 6, Seattle 1

Monday's games

All Times Eastern

Cleveland (Masterson 11-12) at Minnesota (Deduno 5-3), 8:10 p.m.
Detroit (Porcello 9-11) at Chicago White Sox (Quintana 5-4), 8:10 p.m.
Oakland (J.Parker 9-8) at L.A. Angels (Haren 10-10), 10:05 p.m.

Tuesday's Games

Tampa Bay at Baltimore, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
Detroit at Chicago White Sox, 8:10 p.m.
Kansas City at Minnesota, 8:10 p.m.
Oakland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Washington	86	54	.614	—
Atlanta	81	60	.574	5½
Philadelphia	69	71	.493	17
New York	65	75	.464	21
Miami	63	78	.447	23½

CENTRAL DIVISION	W	L	Pct	GB
Cincinnati	84	57	.596	—
St. Louis	75	65	.536	8½
Pittsburgh	72	67	.518	11
Milwaukee	69	71	.493	14½
Chicago	54	86	.386	29½
Houston	44	96	.314	39½

WEST DIVISION	W	L	Pct	GB
San Francisco	79	61	.564	—
Los Angeles	74	67	.525	5½
Arizona	69	72	.489	10½
San Diego	66	75	.468	13½
Colorado	56	83	.403	22½

Sunday's results

Philadelphia 3, Colorado 2, 1st game
Philadelphia 7, Colorado 4, 2nd game
Atlanta 3, N.Y. Mets 2, 10 innings
Houston 5, Cincinnati 1
Chicago Cubs 4, Pittsburgh 2
Miami 8, Washington 0
St. Louis 5, Milwaukee 4, 10 innings
San Diego 8, Arizona 2
San Francisco 4, L.A. Dodgers 0

Saturday's results

Washington 7, Miami 6, 10 innings
Atlanta 11, N.Y. Mets 3
L.A. Dodgers 3, San Francisco 2
Chicago Cubs 4, Pittsburgh 3
Colorado at Philadelphia, ppd., rain
Cincinnati 5, Houston 1
Milwaukee 6, St. Louis 3
Arizona 8, San Diego 5

Monday's games

All Times Eastern

Miami (LeBlanc 2-3) at Philadelphia (K.Kendrick 8-10), 7:05 p.m.
Pittsburgh (W.Rodriguez 10-13) at Cincinnati (Latos 12-4), 7:10 p.m.
Washington (G.Gonzalez 18-7) at N.Y. Mets (McHugh 0-1), 7:10 p.m.
Chicago Cubs (Volstad 2-10) at Houston (Keuchel 1-7), 8:05 p.m.
Atlanta (Minor 8-10) at Milwaukee (W.Peralta 1-0), 8:10 p.m.
San Francisco (Vogelsong 12-7) at Colorado (White 2-8), 8:40 p.m.
St. Louis (J.Garcia 4-6) at San Diego (Stults 5-2), 10:05 p.m.

Tuesday's Games

Miami at Philadelphia, 7:05 p.m.
Pittsburgh at Cincinnati, 7:10 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Atlanta at Milwaukee, 8:10 p.m.
San Francisco at Colorado, 8:40 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.
St. Louis at San Diego, 10:05 p.m.

BLUE JAYS 4, RED SOX 3

Toronto	ab	r	h	bi
Lawrie 3b	5	0	1	0
Rasms cf	3	0	0	0
Encrnc dh	3	0	0	0
Lind 1b	4	0	0	0
RDavis lf	3	2	2	0
Gose rf	4	1	2	0
Mathis c	3	1	1	1
KJhnsn ph	0	0	0	0
Torreal c	0	0	0	0
Vizquel 2b	2	0	0	2
Hchvrr ss	3	0	1	1
Totals	**30**	**4**	**7**	**4**

Boston	ab	r	h	bi
Kalish rf	2	0	1	0
Nava ph-rf	1	0	0	0
Pdsdnk lf	3	0	0	0
Pedroia 2b	4	1	2	1
Loney 1b	4	0	1	0
DeJess pr	0	0	0	0
C.Ross dh	3	1	2	0
Ellsury cf	4	1	1	2
Aviles ss	4	0	0	0
Lvrnwy c	3	0	1	0
Ciriaco 3b	3	0	0	0
Totals	**31**	**3**	**8**	**3**

Toronto	000	300	001	**4**
Boston	020	001	000	**3**

DP—Toronto 2. LOB—Toronto 6, Boston 4. 2B—C.Ross (30), Lavarnway (4). HR—Pedroia (14), Ellsbury (3). SB—R.Davis (41), Gose (14), K.Johnson (11). S—Rasmus, Podsednik. SF—Vizquel 2.

	IP	H	R	ER	BB	SO
Toronto						
Villanueva	6	7	3	3	2	2
Delabar	1	0	0	0	0	1
Loup	2-3	0	0	0	0	0
Lyon W,2-0	1-3	0	0	0	0	0
Janssen S,20-23	1	1	0	0	0	1
Boston						
Buchholz L,11-6	8 2-3	7	4	4	3	4
Tazawa	1-3	0	0	0	1	1

Umpires—Home, Clint Fagan; First, Chris Guccione; Second, Jeff Nelson; Third, Bill Welke. T—3:03. A—37,226 (37,067).

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON — Activated OF Daniel Nava from the 15-day DL.

CLEVELAND — Activated INF Lonnie Chisenhall from the 60-day DL. Transferred RHP Josh Tomlin from the 15- to 60-day DL.

N.Y. YANKEES — Activated RHP Ivan Nova from the 15-day DL.

NFL

HOUSTON — Signed QB Matt Schaub to a four-year contract extension and DE Tim Jamison to a two-year contract extension.

WHL

VICTORIA — Waived F Mike Forsyth and G Keith Hamilton. Released F Clay Spencer.

CIS

WEEK TWO

Saturday's results

Acadia 21 Saint Mary's 16
Guelph 28 Windsor 9
Laval 28 Bishop's 22
Manitoba 31 Saskatchewan 28
McMaster 68 Waterloo 21
Queen's 42 Wilfrid Laurier 16
Western Ontario 62 Toronto 7
York 47 Ottawa 36

Friday's results

Calgary 65 Alberta 6
Montreal 48 Concordia 10
Regina 49 British Columbia 20
Sherbrooke 46 McGill 14
St. Francis Xavier 51 Mount Allison 5

CYCLING

SPANISH VUELTA

At Madrid
Final stage
(a 114.3-kilometre ride from Cercedilla into and around Madrid):

1. John Degenkolb, Germany, Argos-Shimano, two hours, 44 minutes, 57 seconds; 2. Elia Viviani, Italy, Liquigas-Cannondale, same time; 3. Daniele Bennati, Italy, RadioShack-Nissan, s.t.; 4. Allan Davis, Australia, Orica Greenedge, s.t.; 5. Koldo Fernandez, Spain, Garmin-Sharp, s.t.

FINAL STANDINGS

1. Alberto Contador, Spain, SaxoBank, 84 hours, 59 minutes, 49 seconds; 2. Alejandro Valverde, Spain, Movistar, 1:16 behind; 3. Joaquin Rodriguez, Spain, Katusha, 1:37; 4. Christopher Froome, Britain, Team Sky, 10:16; 5. Daniel Moreno, Spain, Katusha, 11:29.

GOLF

PGA BMW CHAMPIONSHIP

At Carmel, Ind.
Par 72 (36-36)
Final Round

Rory McIlroy, $1,440,000	64-68-69-67—268
Phil Mickelson, $704,000	69-67-64-70—270
Lee Westwood, $704,000	68-65-68-69—270
Robert Garrigus, $352,000	67-69-66-69—271
Tiger Woods, $352,000	65-67-71-68—271
Dustin Johnson, $278,000	68-67-67-70—272
Adam Scott, $278,000	68-68-66-70—272
Vijay Singh, $248,000	65-66-69-73—273
Jim Furyk, $232,000	69-70-67-68—274
Ryan Moore, $208,000	66-66-73-70—275
Bo Van Pelt, $208,000	64-69-71-71—275
Zach Johnson, $162,000	67-69-68-72—276
Chris Kirk, $162,000	68-68-69-71—276
Ian Poulter, $162,000	68-68-69-71—276
Bubba Watson, $162,000	69-71-71-65—276
Greg Chalmers, $108,600	74-70-68-66—278
Tom Gillis, $108,600	69-67-73-69—278
Padraig Harrington, $108,600	70-65-70-73—278
John Huh, $108,600	70-66-73-69—278
Troy Matteson, $108,600	70-66-71-71—278
Seung-Yul Noh, $108,600	68-66-73-71—278
Louis Oosthuizen, $108,600	68-69-68-73—278
Justin Rose, $108,600	67-70-70-71—278
Ben Curtis, $73,600	70-69-68-72—279
Sergio Garcia, $73,600	69-69-71-70—279
Kevin Na, $62,800	72-71-68-69—280
Steve Stricker, $62,800	68-73-68-71—280
Brendon de Jonge, $53,200	71-66-71-73—281
Luke Donald, $53,200	66-72-72-71—281
Jason Dufner, $53,200	72-67-73-69—281
Ernie Els, $53,200	68-71-69-73—281
Geoff Ogilvy, $53,200	68-71-74-68—281
Charl Schwartzel, $53,200	69-68-72-72—281
J.B. Holmes, $43,200	70-74-67-71—282
Graeme McDowell, $43,200	68-67-69-78—282
Kyle Stanley, $43,200	68-70-69-75—282
Graham DeLaet, $36,800	**64-70-74-75—283**
Bob Estes, $36,800	71-69-71-72—283
Scott Piercy, $36,800	72-71-72-68—283
Brandt Snedeker, $36,800	69-69-71-74—283
Ben Crane, $30,400	67-71-74-72—284
Rickie Fowler, $30,400	67-70-73-74—284
Brian Harman, $30,400	73-69-70-72—284
Charlie Wi, $30,400	70-72-72-70—284
Also	
David Hearn, $16,720	**69-70-77-76—292**

LPGA-KINGSMILL CHAMPIONSHIP

At Williamsburg, Va.
Par: 71
Final Round

Jiyai Shin	62-68-69-69—268
Paula Creamer	65-67-65-71—268
Karine Icher	70-68-67-65—270
Danielle Kang	67-64-70-69—270
Angela Stanford	69-67-71-64—271
Catriona Matthew	67-70-66-68—271
Mika Miyazato	66-70-70-66—272
Ai Miyazato	67-68-67-70—272
Maria Hjorth	65-69-71-68—273
Gerina Piller	67-69-68-69—273
Stacy Lewis	69-65-68-71—273
Azahara Munoz	65-68-69-71—273
Dewi Claire Schreefel	66-66-69-73—274
Pernilla Lindberg	71-68-72-65—276
Anna Nordqvist	70-70-67-69—276
Karin Sjodin	67-70-69-70—276
Sandra Gal	69-67-69-71—276
Candie Kung	68-67-70-71—276
Lexi Thompson	67-66-72-71—276
Also	
Isabelle Beisiegel	**67-70-71-71—279**
Lorie Kane	**69-72-74-69—284**

EUROPEAN PGA KLM OPEN

At Hilversum, Netherlands
Par 70
Final Round

Peter Hanson	66-66-67-67—266
Pablo Larrazabal	69-65-64-70—268
Richie Ramsay	71-66-64-67—268
Scott Jamieson	68-64-66-71—269
Henrik Stenson	68-70-64-69—271

CFL

WEEK 11

EAST DIVISION	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	255	253	12
Montreal	10	6	4	0	273	310	12
Hamilton	10	3	7	0	297	339	6
Winnipeg	10	2	8	0	200	321	4

WEST DIVISION	GP	W	L	T	PF	PA	Pt
B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Sunday's result

Saskatchewan 25 Winnipeg 24

Saturday's results

B.C. 43 Montreal 10
Toronto 45 Hamilton 31

Friday's result

Calgary 20 Edmonton 18

WEEK 12

Friday, Sept. 14

Winnipeg at Calgary, 9 p.m.

Saturday, Sept. 15

Edmonton at Hamilton, 3 p.m.
Toronto at B.C., 7 p.m.

Sunday, Sept. 16

Saskatchewan at Montreal, 1 p.m.

NFL

WEEK ONE

Sunday's results

Chicago 41, Indianapolis 21
Minnesota 26, Jacksonville 23, OT
Houston 30, Miami 10
New England 34, Tennessee 13
Washington 40, New Orleans 32
Atlanta 40, Kansas City 24
N.Y. Jets 48, Buffalo 28
Detroit 27, St. Louis 23
Philadelphia 17, Cleveland 16
Arizona 20, Seattle 16
San Francisco 30, Green Bay 22
Tampa Bay 16, Carolina 10
Denver 31 Pittsburgh 19

Wednesday's result

Dallas 24 N.Y. Giants 17

Monday's games

Cincinnati at Baltimore, 7 p.m.
San Diego at Oakland, 10:15 p.m.

WEEK TWO

Thursday, Sep. 13

Chicago at Green Bay, 8:20 p.m.

Sunday, Sep. 16

Tampa Bay at N.Y. Giants, 1 p.m.
New Orleans at Carolina, 1 p.m.
Arizona at New England, 1 p.m.
Minnesota at Indianapolis, 1 p.m.
Baltimore at Philadelphia, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Houston at Jacksonville, 1 p.m.
Oakland at Miami, 1 p.m.
Dallas at Seattle, 4:05 p.m.
Washington at St. Louis, 4:05 p.m.
Tennessee at San Diego, 4:25 p.m.
N.Y. Jets at Pittsburgh, 4:25 p.m.
Detroit at San Francisco, 8:20 p.m.

Monday, Sep. 17

Denver at Atlanta, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	46
Houston	28	12	7	9	40	33	45
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	32	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	27	16	6	5	56	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.
Note: Three points for a win, one for a tie.

Saturday's result

Seattle 2 Chivas USA 1

Thursday's result

Houston 1 Real Salt Lake 0

Wednesday's game

Chicago at Toronto, 7 p.m. (rescheduled from July 21)

Friday, Sept. 14

Houston at Kansas City, 8:30 p.m.
Colorado at Los Angeles, 11 p.m.

Saturday, Sept. 15

Philadelphia at Toronto, 1 p.m.
Seattle at Portland, 3:30 p.m.
Columbus at New York, 7 p.m.
New England at D.C. United, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Vancouver at Dallas, 8:30 p.m.
San Jose at Chivas USA, 10:30 p.m.

FIFA WOMEN'S UNDER-20 WORLD CUP

Saturday's results
At Tokyo
Third Place
Japan 2 Nigeria 1
Championship
U.S. 1 Germany 0

TENNIS

U.S. OPEN

At New York
Sunday's results
Singles
MEN
Semifinals

Novak Djokovic (2), Serbia, def. David Ferrer (4), Spain, 2-6, 6-1, 6-4, 6-2. Women

Championship

Serena Williams (4), United States, def. Victoria Azarenka (1), Belarus, 6-2, 2-6, 7-5.

Doubles
Women
Championship

Sara Errani and Roberta Vinci (2), Italy, def. Andrea Hlavackova and Lucie Hradecka (3), Czech Republic, 6-4, 6-2.

Junior Singles
Boys
Championship

Filip Peliwo (2), Canada, def. Liam Broady (13), Britain, 6-2, 2-6, 7-5. Girls Championship

Samantha Crawford, United States, def. Anett Kontaveit (12), Estonia, 7-5, 6-3.

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Horoscopes

♈ Aries
March 21 - April 20
Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

♉ Taurus
April 21 - May 21
All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

♊ Gemini
May 22 - June 21
Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

♋ Cancer
June 22 - July 23
You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

♌ Leo
July 24 - Aug. 23
Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

♎ Libra
Sept. 24 - Oct. 23
The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

♏ Scorpio
Oct. 24 - Nov. 22
Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

♐ Sagittarius
Nov. 23 - Dec. 21
Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

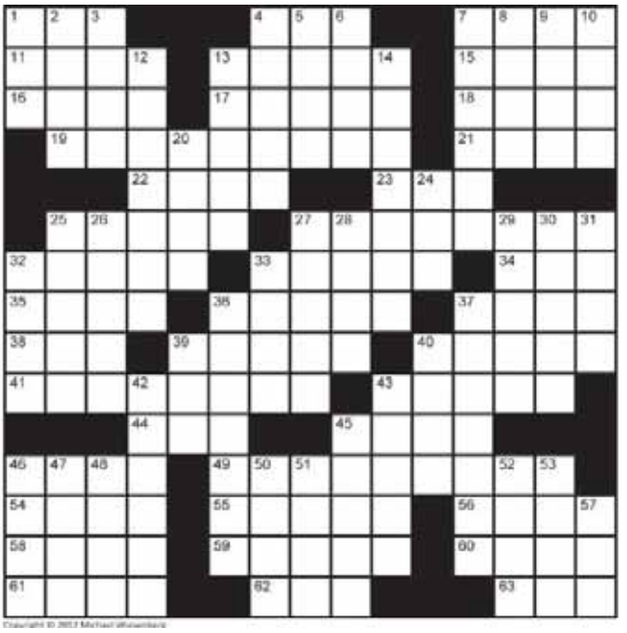
♒ Aquarius
Jan. 21 - Feb. 19
Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

♓ Pisces
Feb. 20 - March 20
Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

BY MICHAEL WIESENBERG



Across
1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ___ Heep
18. World's longest river
19. Guy ___: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ___!": "Taste this!" (2 wds.)
36. Mountain ___: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ___
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ___!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ___ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down
1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ___ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ___
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ___ Chong (Tommy's daughter) (2 wds.)
37. Nunavut capital
39. Walther ___: Bond's gun
40. "I ___ bad moon rising" (2 wds.)
42. Sheds feathers
43. Gives money (to)
45. Canvasses
46. Darkens
47. Thought
48. "I Only Have ___ for You"
50. Apartment division
51. Allman or Lake of rock
52. "___ the night before Christmas ..."
53. Alone
57. Just put on the market

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		1		8		4	
	2	1	3		4	9	5	
7			8		5			4
		6	9		2	5		
4			6		7			2
	8	5	2		6	4	1	
	1		7		3		6	

Friday's Sudoku

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 16° MIN: 10°	MAX: 13° MIN: 7°	MAX: 12° MIN: 5°

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